



## Diabetic Strawberry Jam

1 cup berries 3/4 cup sugar-free strawberry pop 1 package strawberry sugar-free gelatin

3 packets equal

Mash the berries, add soda pop and cook 1 minute. Remove from heat and stir in gelatin until dissolved. Stir in sweetener and pour in jars. Seal and store in refrigerator. Yield 1 1/4 cups. You may use other fruits such as raspberries, peaches or cherries.

# Strawberry Jam

4 cups frozen strawberries 2 cups grape juice 6 tablespoons corn starch

4 tablespoons honey 3/4 teaspoon lemon juice

Dissolve cornstarch in juice using wire whisk. Boil until clear, stirring often. Add rest of ingredients and cook until berries are barely thawed. Remove from heat and mash berries with a potato masher. Refrigerate. Servings: 4 cups.

### Diabetic Blueberry Jam

2 tablespoons lemon juice 3 teaspoons unflavored gelatin 1/8 teaspoon salt 1 1/2 teaspoon arrowroot 2 1/2 cup frozen unsweetened blueberries, partially thawed Non-nutritive sweetener equivalent to 2 cups sugar

Mix lemon juice, gelatin, salt and arrowroot; stir in blueberries. Boil gently until mixture thickens, stirring constantly (about 3-4 minutes). Stir constantly, boiling at full boil for 2 minutes. Remove from heat; stir in sweetener. Fill and seal jars.

### Blueberry Jam

4 cups blueberries, about 2 pints 1/4 cup sugar 1/4 cup orange juice 1/4 teaspoon grated orange peel

In medium saucepan, combine blueberries, sugar and orange peel. Heat five minutes, crushing berries slightly. Bring to a boil, boil rapidly, stirring constantly, for one minute. In a small bowl sprinkle unflavored gelatin over orange juice. Let stand one minute. Add to blueberry mixture and heat, stirring until gelatin is completely dissolved, about three minutes. Let jam stand five minutes. Jar, cover and cool slightly before refrigerating.

### Freezer Strawberry Jam

2 cups finely crushed strawberries 1 package powdered fruit pectin 4 cups sugar 1 cup water

Combine fruit and sugar. Let stand for 20 minutes, stirring occasionally. Boil pectin and water rapidly for 1 minute, stirring constantly. Remove from heat. Add berries and stir about 2 minutes. Pour into containers and cover. Let stand at room temperature for 1 hour. Refrigerate until set. Store in freezer. Once opened, refrigerate. Makes 5 to 6 half pints.

#### Peach Jam

8 cups sugar 1 can crushed pineapple 6 cups crushed peaches 1 (6 ounce) box orange gelatin

Cook sugar, peaches and pineapple together for 20 minutes. Add gelatin. Pour in sterilized jars and seal or freeze.